



Virginia Cooperative Extension
Knowledge for the Commonwealth



Are You Fiber Friendly?

Author: Kathleen M. Stadler, Extension Specialist, Nutrition and Foods, Virginia Tech

Publication Number 348-050, November 1996

Table of Contents

- ▶ [Introduction](#)
- ▶ [Are You Fiber Friendly?](#)
- ▶ [Getting More Fiber in Your Diet](#)

Introduction

Whole-wheat bread, oatmeal, apples, and cabbage each contribute fiber or roughage to the diet, but their fiber compositions are different. Most high-fiber foods contain both soluble and insoluble fiber, but in different proportions. Choose a variety of high-fiber foods -- vegetables, fruits, and whole grain products -- in order to get enough of both soluble and insoluble fiber daily. Both types of fiber are important because they have different health benefits. Research continues on the possible effects of dietary fiber against colon cancer, heart disease, and diabetes.

Insoluble fiber produces the tough, chewy texture of wheat bran, whole grains, and vegetables. Cellulose, hemicellulose, and lignin are insoluble fibers. Eating foods containing insoluble fiber is important for proper bowel function and can reduce symptoms of chronic constipation, diverticular disease, and hemorrhoids.

Soluble fiber includes pectin and gum and is found in oats, dry beans and peas, and some fruits and vegetables. Some studies indicate that foods containing soluble fiber may help reduce blood cholesterol levels in some people.

Servings from Grain Products:

1 slice of bread	1 ounce of ready to eat cereal
1 tortilla	1/2 cup of cooked cereal
1/2 cup of cooked rice	1/2 english muffin or bagel
1/2 cup of cooked pasta	3-4 small plain crackers
1/2 hamburger roll	1- 4" diameter pancake
2 medium cookies	1/2 medium doughnut
2 cups of plain popcorn	1/2 cup cooked bulgur, barley, or other whole grain
1 slice of pizza	1/2 ounce of crackers, cookies, or pretzels
1/2 medium muffin	

6-11 Servings

Return to [Table of Contents](#)

Are You Fiber Friendly?

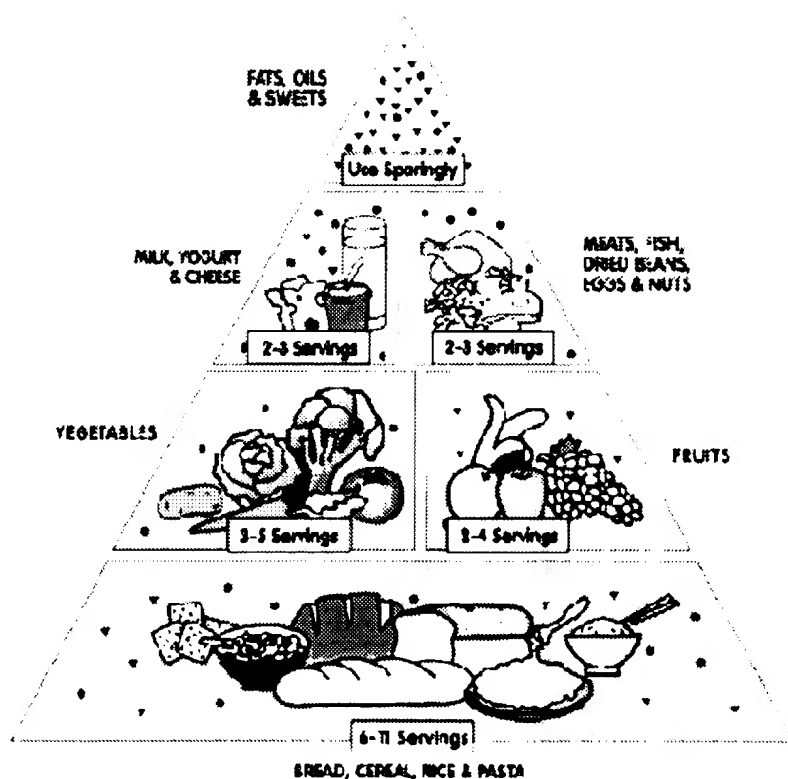
Do you eat enough dietary fiber or "roughage"? Choose a diet of 20-30 grams of dietary fiber each day. Check to see if your favorite foods are giving you enough fiber. Add up the number of grams in the foods you eat on a typical day. How did you do?

7 to 10 Grams per Serving	100% Bran Cereals	1 ounce or 1/3 cup
	Cooked or Canned Dried Beans (kidney, pinto, garbanzo, Navy)	1/2 cup
	Cooked Lima Beans	1/2 cup
	Peanuts	3 ounces
	Raspberries	1/2 cup
4 to 6.9 Grams per Serving	Baked Potato with Skin	1 medium
	Bran Flakes with Raisins	3/4 cup
	Dried Figs or Prunes	1/4 cup
	Fresh Pear	1 medium
	Whole Wheat Pasta	1 cup cooked
3 to 3.9 Grams per Serving	Lentils	1/2 cup cooked
	Cornflakes	1 cup
	Wheatgerm	1/4 cup

Gram per Serving

Green Pepper	1/2 raw pepper
Romaine Lettuce	1/2 cup
Grape Juice	1/2 cup
Cooked Grits	1 cup
White Bread	1 slice
Hamburger Bun	1 medium
White Rice	1/2 cup cooked
Apple or Orange Juice	3/4 cup
Crispy Rice Cereal	1 cup
Saltines	4 crackers
Biscuit	1 medium

Return to [Table of Contents](#)



Getting Enough Fiber in Your Diet

Key ▼ Sugar Added ● Fat (naturally occurring and added)

These Symbols show fat and added sugars in foods. They come mostly from the fats, oils, and sweets group. But foods in other groups - such as cheese or ice cream from the milk group or french fries from the vegetable group - can also provide fat and added sugars.

YOU CAN GET ABOUT 20 GRAMS OF DIETARY FIBER IF YOU CHOOSE AT LEAST:

3 Servings a day
of Vegetables

plus

2 Servings a day
of Fruit

plus

3 Servings a day of
Whole-Grain Products

Eat More Fruits & Vegetables

Eat 5 servings each day

Choose citrus fruits or juices --
oranges, grapefruits,
lemons, limes, or tangerines

Choose dark green vegetables --
peas, green asparagus, spinach, or green
beans

Choose dark yellow vegetables --
corn, carrots, sweet potatoes
or pumpkins

Eat more winter vegetables --
cabbage, broccoli, brussels sprouts,
cauliflower, or collards

Eat More Grain Foods

Look for the words "whole wheat"
on the label

Make sure the whole grain ingredient
is listed 1st or 2nd on the label

Choose foods made from
whole grains -- breads,
breakfast cereals, rice, or pasta

Eat barley, brown rice, or wild rice

Choose baked goods made
with whole grains, such as
whole wheat muffins or bagels,
graham crackers, and
bran, oatmeal, or multigrain breads

Return to [Table of Contents](#)

View this document in [PDF format](#).

Visit [Virginia Cooperative Extension](#)

US 0961793008P1



Creation date: 25-08-2003
Indexing Officer: PHOENIX - PHOENIX
Team: PhxAdministrator
Dossier: 09617930

Legal Date: 25-10-2001

No.	Doccode	Number of pages
1	A...	1
2	CLM	2
3	REM	5
4	CLM	4

Total number of pages: 12

Remarks:

Order of re-scan issued on